



JULY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
CENTER CLOSED 	8:45 am – Exercise 10 am – Chair Caning & Basket Weaving 10:15 am – Tai Chi at College Lutheran 2 pm – Ballroom Dance 5:15 pm – TOPS #313	9 am – Tap Class 10 am & 11:15 am – Yoga 10 am – Ceramics Class 10 am – Needlework 1 pm – Line Dance 2 & 2:30 pm – Computer Classes (must sign up)	8:45 am – Zumba 10 am – Art on your own 10 am – Quilting 11:00 am – 49ers + Club Mtg 12:30 pm – Singers Practice 12:30 pm – Cards on your own	8:45 am – Exercise 10:15 am – Tai Chi Class 10:30 am – Senior Mtn Pickers 1 pm – Scrabble (Sign Up)
9 am – Bridge 12:30 pm – Senior Mtn Pickers 1:00 pm – Mexican Train Dominos 7 – 9 pm – Cole Bluegrass Show	8:45 am – Exercise 10 am – Chair Caning & Basket Weaving 10:15 am – Tai Chi at College Lutheran 1 pm – Singers leave from Center for Our Lady of Valley 2 pm – Ballroom Dance 5:15 pm – TOPS #313	9 am – Tap Class 10 am & 11:15 am - Yoga 10 am – Ceramics Class 10 am – Needlework 1 pm – Line Dance 2 & 2:30 pm– Computer Classes (must sign up)	8:45 am – Zumba 10 am – Art on your own 10 am – Quilting 11:00 am – Bus leaves for 49ers Lunch out at Olive Garden 12:30 pm – Cards on your own	8:45 am – Exercise 10:15 am – Tai Chi Class 10:30 am – Senior Mtn Pickers 12 noon – BBQ & Bingo (BBQ sandwiches, coleslaw, baked beans, potato salad & desert...Sign up in office)
9 am – Bridge 12:30 pm – Senior Mtn Pickers 1:00 pm – Mexican Train Dominos 	8:45 am – Exercise 9 am – Leave from Salem Civic Center for Virginia Dare Cruise 10 am – Chair Caning & Basket Weaving 10:15 am – Tai Chi at College Lutheran 2 pm – Ballroom Dance 5:15 pm – TOPS #313	9 am – Tap Class 10 am & 11:15 am - Yoga 10 am – Ceramics Class 10 am – Needlework 1 pm – Line Dance 2 & 2:30 pm – Computer Classes (must sign up)	8:45 am – Zumba 10 am – Art on your own 10 am – Quilting 11am – 49ers + Club Mtg 12:30 pm – Cards on your own 	8:45 am – Exercise 10:15 am – Tai Chi Class 10:30 am – Senior Mtn Pickers 1 pm – Scrabble (Sign Up) 
9 am – Bridge 12:30 pm – Senior Mtn Pickers 1:00 pm – Mexican Train Dominos	8:45 am – Exercise 10 am – Chair Caning & Basket Weaving 10:15 am – Tai Chi at College Lutheran 10:30 am – Singers at Snyder's 2 pm – Ballroom Dance 5:15 pm – TOPS #313	9 am – Tap Class 10 am & 11:15 am - Yoga 10 am – Ceramics Class 10 am – Needlework 1 pm – Line Dance 2 & 2:30 pm – Computer Classes (must sign up)	10 am – Art on your Own 10 am – Quilting 11 am – Blood Pressure Checks 12 noon – MONTHLY COVERED DISH LUNCHEON with Musical Entertainment by Richard Kiser 12:30 pm – Cards on your own	8:45 am – Exercise 10:15 am – Tai Chi Class 10:30 am – Senior Mtn Pickers



COLE BLUEGRASS SHOW -

Monday, July 11 - 7pm – 9pm
Cox Brothers w/Special Guests

hello
SUMMER



DMV2GO

Thursday, July 28
Salem Civic Center
Parking Lot

More 2016 Trips:

Sept. 30 – Oct. 4 – New York, NY
Oct. 4 – “Shenandoah Shopping Trip”
Nov. 15 – “Southern Christmas Show”, Charlotte, NC
Nov. 22 – Tanglewood Christmas Lights, Clemons, NC
Dec. 7 – Wolfahrt Haus – “A Wolfahrt Haus Christmas”
Dec. 12 – “Christmas at the Biltmore”
Dec. 20 – “Speedway in Lights”, Bristol, VA



SALEM SENIOR CENTER

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BRAD BLANKENSHIP

Swimming Tips for Seniors

Swimming has incredible rewards, especially for swimmers in their golden years. Before you dip into the nearest pool, follow these simple tips to stay healthy and ensure your safety (or that of a senior loved one):

Talk to your doctor: Swimming is one of the best forms of exercise for seniors, but you should always get your doctor's approval before you begin any new exercise routine.

Ease into new waters: Rocky sea bottoms, shallow deep ends or even a loose pool tile can spell trouble if you're in a rush. Always ease into unfamiliar waters.

Start slow: You may have swum the English Channel when you were 20, but if you haven't done any serious swimming in the last year or two, ease into it. Your doctor (see tip #1) can likely recommend a good beginner's swimming routine, but if you take matters into your own hands, be sure to give yourself time to build endurance and strength.

Swim with a buddy: Remember the buddy system from your long-ago swim lessons? The same still applies. Swimming is always safer with a friend.

Respect your limits: Don't push yourself to swim longer, faster or harder than your body can. And don't try to keep up with your swim buddy, either. Recognize and respect your own limitations.

Invest in a medical alert system: A waterproof, emergency medical alert pendant follows you into the shower, the bath and the pool. If you fall, get dizzy, or feel weak, help is just a button-press away.